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Lending muscles to archers

Malek Noor plays active role in promoting archery in FT

Y.P.SIVAM

FORMER national bodybuilder Datuk Abdul Malek Mohd Noor, a two-time Mr Universe, will play an active role in the promotion of archery in the Federal Territories.

He was recently appointed as the patron of the FT Red Arrow Archery Association. The burly but jovial

Abdul Malek said he was keen to assist the archery family in FT.

"I will make it a point to visit their training sessions regularly. I also want to know their problems.

"In other words, I am not going to be the patron for namesake only, but be present to help them. Archery is one sport Malaysians can excel in.

"It is not a contact sport and our archers have to be strong. Some of our archers have also qualified for the London Olympics," said Abdul Malek after presenting archery equipment to FT Red Arrow Archery Association president Abdul Rahman Mohd Noor.

The sponsorship, from Universal Fitness and Leisure, comprising one bow, three buttress and 1,000 target faces, is worth RM5,000.

Abdul Malek, who was a six-time Mr Malaysia, spent almost two hours with the juniors archers.

Currently about 50 juniors, including 12 archers preparing for the coming Malaysia Games in Kuantan, are involved in the training programme.

Training sessions are held on weekends at the National Sports Council Training Centre in Keramat AU 2 in Hulu Klang.

Abdul Malek, who also dominated body building championships in Southeast Asia, said he would also be working closely with the FT Red Arrow Archery Association on securing a permanent training centre.

"I met the officials recently. They want a training centre. Currently they are training at the MSN training centre in Keramat AU 2. But that is not enough for them to hone their skills. They will have to have more training sessions.

"I hope to meet with the FT Sports Council as well as Kuala Lumpur City Hall on solving this problem," said Abdul Malek.

Tan Peng Loon, a former interna-

tional, is one of the coaches with FT Red Arrow Archery Association. He said the archers were showing a lot commitment in training.

"Abdul Malek's presence was certainly motivating to them. Being a veteran in sports, his encouraging words will inspire them," said Peng Loon.

As part of their preparations for the Malaysia Games, the archers will be taking part local competitions in Malacca, Universiti Utara Malaysia and Universiti Putra Malaysia.

Peng Loon said they would initiate a centralised training programme about a month prior to the Malaysia Games.

In other words, I am not going to be the patron for name sake only, but be present to help them. Archery is one sport Malaysians can excel.

—DATUK ABDUL MALEK MOHD NOOR

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Tips: Malek Noor (left) giving a pep talk to the junior archers.



Aim good: The archers lining up for a shooting practice.